**Pan-fried Venison Steak**

We have been traveling in the upper reaches of the country all this month. The great Mountains of Montana and the Prairies of North Dakota inspired this month’s Recipe. Not to mention Butch Floyd gave us some prime Venison while we were at Thompson Falls, MT for a visit.

Ingredients:

· venison steaks  
· 1 sweet onion, sliced  
· carrot strips  
· parsnip strips  
· 4 TBS butter  
· 2 TBS canola oil  
· 2 tsp garlic powder  
· 1 tsp onion powder  
· salt and pepper to taste

Directions:  
In a skillet, heat the butter and canola oil together. Place the sliced onions, carrot and parsnip strips on the bottom of the skillet. Place the steak over all and fry until desired doneness. Serve the vegetables over the top of the steak.  
  
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